

Separation / Retirement Relocation - TRICARE

TRICARE Beneficiary Information

<http://www.tricare.mil/mybenefit>

TRICARE Website

<http://www.tricare.mil>

Health Care Options

When you retire from active duty, some options are no longer available to you. However, other options that were only available to your family members, are not also available to you. After you retire, where you live and your post-military employment are factors in determining which TRICARE health care option is best for you and your family.

TRICARE Prime

While enrolling in TRICARE Prime is not a new option for you, you'll need to re-enroll in TRICARE Prime and begin paying annual enrollment fees to continue TRICARE Prime coverage for you and your family.

TRICARE Standard and Extra

With TRICARE Standard and Extra, you have the freedom to seek care from any TRICARE-authorized provider, network or non-network. Annual deductibles and cost shares will apply. If your family was using these options before you retired, their cost shares will increase by five percent.

US Family Health Plan

The US Family Health Plan is a TRICARE-Prime like option offered in six different geographical areas across the country. Like TRICARE Prime, enrollment is required, and you pay enrollment fees. If you decide to enroll in the US Family Health Plan, you may not use other TRICARE program options, including prescriptions or dental.

TRICARE For Life

You become eligible for TRICARE For Life, TRICARE's Medicare-wraparound coverage, when you become entitled to Medicare Part A and have Medicare Part B coverage.

Dental Care Options

While on active duty, you received all dental care at military dental treatment facilities, and your family was eligible to purchase the TRICARE Dental Program. When you retire, you will no longer have priority in military dental treatment facilities. Now, you and your family are eligible to purchase the TRICARE Retiree Dental Program.

Prescriptions

Your prescription drug coverage will not change when you retire.

How TRICARE Changes

Your TRICARE health coverage continues to be robust and comprehensive with several options to meet your unique needs. But, there are some important changes in your TRICARE coverage when you retire.

	While on Active Duty	After You Retire
Health Care Options	TRICARE Prime TRICARE Prime Remote TRICARE Prime Overseas TRICARE Global Remote Overseas Note: Your family members are eligible for additional programs during your active duty period	TRICARE Prime TRICARE Standard and Extra TRICARE Standard Overseas US Family Health Plan TRICARE For Life Note: Your family members are eligible for the same programs during your retirement period.
Covered Services	Annual eye exams covered for you and your family Hearing aids covered TRICARE Extended Care Health Option (ECHO) services for qualified family members	Eye exams only covered if you enroll in TRICARE Prime Hearing aids not covered ECHO services not covered
Out-of-Pocket Costs	No out-of-pocket costs for TRICARE Prime	TRICARE Prime enrollment fees apply: (\$230/individual or \$460/family per year) TRICARE Prime network copayments apply TRICARE Standard and Extra cost shares apply Castastrophic Cap increases for family: (from \$1,000 to \$3,000 per fiscal year)
Medicare-Eligible Family	Medicare Part B not required	Medicare Part B is required

Members		
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TRICARE Information and Assistance

TRICARE North Region Contractor
 1-877-TRICARE (1-877-874-2273)
www.healthnetfederalservices.com

TRICARE South Region Contractor
 1-800-444-5445
www.humana-military.com

TRICARE West Region Contractor
 1-888-TRIWEST (1-888-874-9378)
www.triwest.com

TRICARE Overseas
 (TRICARE Europe, TRICARE Latin America and Canada, and TRICARE Pacific)
 1-888-777-8343
www.tricare.osd.mil/overseas

DEERS – Verify Eligibility
 1-800-538-9552
www.tricare.osd.mil/deers

TRICARE Mail Order Pharmacy Program
 1-866-DoD-TMOP (1-866-363-8667)
www.express-scripts.com/TRICARE

TRICARE Retail Pharmacy Program
 1-866-DoD-TRRx (1-866-363-8779)
www.tricare.osd.mil/pharmacy

TRICARE Retiree Dental Program
 1-888-838-8737
www.trdp.org

TRICARE Information Service
 1-888-DoD-CARE (1-888-363-2273)
www.tricare.osd.mil